



Baked Eggs in Bread Bowls

READY IN



35 min.

SERVINGS



8

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 8 crusty dinner rolls
- 8 large eggs
- 2 tablespoons heavy cream
- 0.3 cup herbs mixed such as parsley, chives and tarragon chopped
- 4 tablespoons parmesan grated
- 8 servings salt and pepper

Equipment

- baking sheet

oven

Directions

- Preheat oven to 350F. Slice off top of each dinner roll and gently remove some bread until there is a hole large enough to accommodate an egg. Arrange rolls on a rimmed baking sheet. Reserve tops.
- Crack an egg into each roll, then top with some herbs and a bit of cream. Season with salt and pepper.
- Sprinkle with Parmesan.
- Bake until eggs are set and bread is toasted, 20 to 25 minutes. After eggs have cooked for 20 minutes, place bread tops on baking sheet and bake until golden brown.
- Let sit 5 minutes.
- Place tops on rolls and serve warm.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:9.9647825463958%

Nutrients (% of daily need)

Calories: 213.33kcal (10.67%), Fat: 8.61g (13.24%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 20.76g (7.55%), Sugar: 0.45g (0.5%), Cholesterol: 191.94mg (63.98%), Sodium: 552.7mg (24.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Selenium: 28.02µg (40.04%), Vitamin B2: 0.37mg (21.97%), Folate: 72.93µg (18.23%), Vitamin B1: 0.25mg (16.46%), Phosphorus: 155.07mg (15.51%), Manganese: 0.26mg (13.2%), Iron: 2.09mg (11.61%), Calcium: 100.65mg (10.07%), Vitamin B5: 0.98mg (9.83%), Vitamin B3: 1.92mg (9.62%), Vitamin B12: 0.48µg (8.02%), Vitamin A: 384.21IU (7.68%), Zinc: 1.12mg (7.44%), Vitamin D: 1.07µg (7.15%), Fiber: 1.39g (5.55%), Vitamin B6: 0.11mg (5.33%), Copper: 0.1mg (4.91%), Vitamin E: 0.7mg (4.67%), Magnesium: 16.45mg (4.11%), Vitamin K: 4.2µg (4%), Potassium: 126.14mg (3.6%)